

Subj: SPS Employee Wellness Program is Open

Body:

Welcome to the 2018 Suffolk Public Schools Wellness Program. It's time to get a fresh start on your journey to well-being! Be on the lookout for incentive challenges to begin soon!

How to Register:

Visit connect.viverae.com, click **Register**, and enter: Last Name and Date of Birth (DOB)

Identifier: SPS User Number and *Registration Code:* suffolk

Get Going!

Head to connect.viverae.com to complete your Member Health Assessment (MHA), Biometric Screening **OR** Annual Exam by 5/15/18 to earn your 200 points and a \$200 Wellness Reward.

Don't forget to download the Viverae® app for free by searching "Viverae" in the App Store or Google Play! Questions? Call Viverae at 888-VIVERAE (848-3723).